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LINNEA ZIELINSKI, SITE DIRECTOR, METRO.US

If tuning into the news lately makes you want to bite Donald Trump's head off, there's finally a solution. IT'SUGAR shops are now stocked with 3-D-printed Donald Trump gummies, so you can literally chew him out. Find out more at **metro.us/president-trump.**

TRUMP: N. KOREA WILL BE MET WITH FIRE AND FURY

President Donald Trump on Tuesday warned North Korea it would be met with "fire and fury" if it threatens the United States. Earlier Pyongyang said it was ready to give Washington a "severe lesson" with its strategic nuclear force in response to any U.S. military action. Washington has warned it is ready to use force if need be to stop North Korea's ballistic missile and nuclear programs but

that it prefers global diplomatic action, including sanctions. The consequences of any U.S. strike would potentially be catastrophic for South Koreans, Japanese and U.S. military personnel within range of North Korean retaliatory strikes. ***For more, see page 4.***

NH SUES PURDUE PHARMA OVER OPIOID MARKETING

New Hampshire sued Oxycontin maker Purdue Pharma LP on Tuesday, becoming the latest state or local government to accuse the drugmaker of engaging in deceptive marketing practices that have helped fuel a national opioid addiction epidemic. The lawsuit filed in Merrimack County Superior Court claimed that Purdue Pharma significantly downplayed the risk of addiction posed by Oxycontin and engaged in marketing practices that "opened the floodgates" to opioid use and abuse. The complaint said the Stamford, Connecticut-based company spent hundreds of millions of dollars since the 1990s on misleading marketing that has also overstated the benefits of opioids for treating chronic, rather than short-term, pain.

FARMERS PROTEST

A woman walks by as police officers stand guard during a farmers' march in Mexico City on Tuesday as part of nationwide protests against the North American Free Trade Agreement (NAFTA) and what they call their government's broken promises on land rights and working conditions.

GETTY IMAGES

5 THINGS YOU NEED TO KNOW

FDA CAMPAIGN AGAINST YOUTH E-CIGARETTE USE

Hot on the heels of its proposal to lower nicotine levels in cigarettes, the U.S. Food and Drug Administration announced plans on Tuesday for an education campaign to discourage use of electronic cigarettes among youth. The plan follows the agency's proposal last month to both lower nicotine in combustible cigarettes and extend by four years the date by which e-cigarette manufacturers will be required to apply for authorization to sell their products. Its new policy "aims to strike a careful balance between the regulation of all tobacco products, and the opportunity to encourage development of innovative tobacco products that may be less dangerous than combustible cigarettes," FDA Commissioner Scott Gottlieb said in a statement.

DISNEY TO PULL NEW MOVIES FROM NETFLIX

Walt Disney Co. will stop providing new movies to Netflix Inc. starting in 2019 and launch its own streaming service, the company said, as it tries to capture digital audiences who are ditching traditional television. The new Disney-branded streaming service will follow a similar ESPN service that will be available starting in 2018, the company said. Shares of Netflix fell 3.7 percent in after-hours trade, and Disney stock fell 3.1 percent. The streaming services will give Disney "much greater control over our own destiny in a rapidly changing market," Chief Executive Bob Iger told analysts in a conference call, describing the moves as an "entirely new growth strategy" for the company.

ON THIS DAY IN HISTORY

On Aug. 9, 1974, Richard Nixon resigns as resident over the Watergate scandal, and VP Gerald Ford is sworn in as the 38th president.

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North Korea's evolving nuclear program has drawn the ire of the West. GETTY IMAGES

Trump warns North Korea after mini nukes detected

In response to Trump's warning, North Korea threatened a key U.S. territory with a missile strike.

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A confidential analysis from Defense Intelligence Agency officials that was completed last month concluded that North Korea has produced miniaturized nuclear warheads, the Washington Post first reported on Tuesday. Such warheads, which can fit inside the North's missiles, show that the country has accomplished a key component toward its goal of becoming a full nuclear power.

In response, President Donald Trump issued a dire warning to North Korea, saying the country will "face fire and fury like the world has never seen," CNN reported, adding that the capability of North Korea's miniaturized warheads was not yet believed to have been tested.

In July, North Korea did test two intercontinental ballistic missiles, with U.S. analysts believing the first could have hit Hawaii and Alaska, while the second could have possibly struck the Midwest, according to the New York Daily News.

These latest developments do not necessarily mean that North Korea would be able to accurately use a nuclear-tipped missile in a strike, NBC News reported. Before such a capability, the country would first have to develop a weapon that could accurately withstand atmospheric re-entry.

Earlier on Tuesday, North Korea threatened "physical action" in response to new U.N. sanctions targeting the country, according to a New York Times article. That statement is believed to indicate that Pyongyang could conduct further nuclear or missile tests in response to the latest sanctions.

> *"The great leaders that I have seen – they don't threaten unless they are ready to act, and I'm not sure that President Trump is ready to act."*
>
> John McCain

Later, North Korea released another statement claiming it is "carefully examining" a plan to use its missiles to strike Guam, a key U.S. territory in the Pacific, according to CNBC. A separate statement from the North claimed the nation could carry out a pre-emptive operation in response to signs of U.S. provocation.

U.S. Sen. John McCain was skeptical of the president's warning to North Korea, according to the BBC, which quoted the senator as saying, "The great leaders that I have seen — they don't threaten unless they are ready to act, and I'm not sure that President Trump is ready to act."

ANALYSIS

What does North Korea's latest nuclear capability mean for the U.S.?
Elisabeth Braw is a senior fellow at the Atlantic Council's Brent Scowcroft Center on International Security, a foreign affairs think tank. She told Metro the North Korean threat shouldn't be oversensationalized, but it is a real danger.

What does this latest news mean?
The fact that North Korea has managed to produce even a small nuclear warhead is a major coup for the regime, as making the leap from assembling the material to making the bomb is very difficult.

Is the U.S. at risk?
The U.S. doesn't need to worry about a North Korean nuclear attack on California, as that would be too much of a stretch for North Korean missiles, but it does have to worry about an attack on Japan or South Korea.

How dangerous is the North Korean weaponry?
This is a relatively small bomb — nothing like the bombs that the official nuclear weapons states [U.S., Russia, U.K., France, China] possess, and it's not even on the same level as the arsenals that the non-official nuclear weapons states [India, Pakistan, Israel] have.

What does this mean for the world?
This shows how far the world has come from Barack Obama's 2009 Prague speech, when he made the case for abolition of nuclear weapons. SAM NEWHOUSE

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Cassie Hepler tries out a cryotank, a form of holistic healing through exposure to extreme cold. PROVIDED

THE BIG CHILL: CRYOTANKS FREEZE THE PAIN AWAY

CASSIE HEPLER
POV

Ice baths are so out.

Why would an athlete spend a half-hour or more in an ice-filled bathtub watching their extremities go purple when you can get the same effects in three minutes or less?

Whole Body Cryotherapy (WBC) is a method of holistic cold therapy that involves stepping into a pod for up to three minutes of exposure to subzero temperatures ranging from minus 200 degrees Fahrenheit to minus 250 degrees to relieve pain throughout the body.

I arrived at CRYO Philadelphia on a hot summer day at 6 p.m. I soon learned that a boxer, an athlete and a man with psoriasis were there to find relief. The boxer said it was better than an ice bath and more convenient. It was the athlete's first time, and he seemed to enjoy it. The man with pain and psoriasis said it was his eighth time — he hasn't noticed much difference, but he seemed determined to finish his 10 sessions.

I stepped into a white robe after disrobing down to my underwear and put on a pair of black Uggs and some black gloves to prevent frostbite as the extremities get extra cold. I opened the curved door and stepped into the circular pod which reminded me of something out of "Star Trek." I immediately felt like a human popsicle.

Dayhna Carroll, the owner and a realtor, chatted with others and me while we were getting frozen, which may be a good distraction technique. And just when you feel like you can't take it anymore, it's done. Unless you can't stand it, hang tight for those two minutes. It's well worth it.

According to proponents of cryotherapy, the exposure to subzero temperatures causes the skin's cold receptors to stimulate the nervous system. The body perceives this sudden and extreme cold to be a life-threatening situation and activates a chain of powerful survival mechanisms involving the body's most crucial systems.

They claim this causes vasoconstriction to occur and redirects blood from the peripheral tissue to preserve the vital organs and maintain core temperature. When re-entering a room-temperature environment, the blood immediately rushes back to the skin, blood circulation is naturally stimulated, and oxygenated blood is delivered back to the damaged tissue. This is intented to cause any blood with inflammatory properties to get treated, relieving pain and discomfort.

The FDA has not cleared or approved cryotherapy for the medical treatment of any specific medical conditions. They say they do not have sufficient research to know what cryotherapy does to the human metabolism.

But I slept like a baby that night and was full of energy the next day. The boxer said he always feels fantastic the next day.

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White House adviser Sebastian Gorka suggested the Minnesota mosque bombing was perpetrated by liberals "faking" a hate crime. YOUTUBE

Trump won't comment on bombing that may have been 'faked'

Top Trump adviser says liberals could have carried out the attack to cause outrage.

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President Donald Trump still has not condemned the bombing of a Minnesota mosque that occurred this weekend, and one of Trump's top advisers suggested his silence has to do with concerns the bombing could have been a faked hate crime "propagated by the left."

In an interview on MSNBC on Tuesday, national security adviser Sebastian Gorka defended the president's failure to comment on the Saturday bombing, saying Trump wanted to withhold comment until he learns more about the investigation.

"There's a great rule: All initial reports are false," Gorka said. "You have to check them and find out who the perpetrators are. We've had a series of crimes committed, alleged hate crimes by right-wing individuals in the last six months, that turned out to actually have been propagated by the left."

Gorka offered no examples.

"When you've had people fake hate crimes in the last six months with some regularity, I think it's wise, don't you, to find out what exactly is going on when, in fact, it could turn out to be not who you are expecting," Gorka continued.

Gorka, the ex-national security editor for the conservative Breitbart News, is known for his hardline views on Islam and terrorism.

Also known for his combative approach, Gorka told the MSNBC hosts it wasn't his place to tell the president how to use social media and that Trump would comment as he sees fit.

"When we have some kind of finalized investigation, absolutely [he will comment]," Gorka said.

But Trump has been quick to comment on other recent terrorist attacks without having all the facts, especially those assumed to have been carried out by Muslims. In June, he condemned a terrorist attack in the Philippines that might have just been a robbery, and he spoke out against the London attacks almost instantly via Twitter.

The president has been holed up at his Bedminster, New Jersey, golf resort this week as he began his 17-day vacation from the White House, but it's not as if the commander-in-chief has exactly been off the grid.

Since the bombing, he's found time to tweet (or retweet) 33 times, talking about "the failing New York Times," White House leakers, jobs and North Korea.

Minnesota's Gov. Mark Dayton declared the bombing "an act of terrorism" after an improvised explosive device went off at the Dar Al-Farooq Islamic Center in Bloomington, a city just outside Minneapolis.

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Arctic Sea ice melting is causing sea levels to rise, affecting coastal communities throughout the U.S. and the world. FLICKR

Climate report leaked amid fears of suppression

Donald Trump has spent much of his presidency disputing evidence that human activity accelerates climate change, and government scientists worry his administration could try to suppress a study that offers pretty irrefutable evidence.

The 545-page report drafted by 13 government agencies as part of the National Climate Assessment showed average temperatures in the U.S. have risen rapidly since 1980 to the warmest temperatures of the past 1,500 years, and Americans are feeling the effects.

It noted that worldwide, it is "extremely likely" that more than half of the global temperature increase since 1951 can be linked to humans.

"Evidence for a changing climate abounds, from the top of the atmosphere to the depths of the oceans," the report stated. It was leaked to The New York Times amid concerns the Trump administration would bury it.

The National Academy of Sciences has signed off on it, but the 13 federal agencies involved, some of which are headed by climate change deniers, must sign off too before it could be released officially. ERIN TERNAN

Are the findings of the leaked climate change report surprising?

An expert weighs in on the climate change report leaked to prevent the Trump administration from burying it.

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President Trump has rejected evidence concerning climate change and humans' influence on it, but a report leaked to The New York Times concluded that Americans are experiencing climate change and that "many lines of evidence demonstrate that human activities … are primarily responsible."

Andrew Jorgenson is a professor at Boston College and an environmental sociologist studying the human dimensions of environmental changes. He spoke with Metro.

The two main takeaways from this report seem to be that it "directly contradicts" Trump administration claims that "the human contribution to climate change is uncertain," and that Americans are feeling the effects of climate change now. Were these conclusions surprising to you?

Oh no, absolutely not. It's been well established within the broader scientific community for some time, with a great deal of consensus and scientific certainty, that the climate change the world is experiencing now is largely human caused. Primarily, that the burning of fossil fuels — which leads to greenhouse gas emissions results from human activity.

Have your colleagues discussed this report?

For sure, it's just the most recent in an ongoing, never-ending wave of reports like this that come out. … The evidence is so abundant, it's ridiculous that we're still having to have this incredibly important conversation. We should have a long time ago moved beyond this to focus on saying, "Well, the science is quite clear — what are we going to do about it?"

A report concluded that Americans are feeling the effects of climate change right now. PIXABAY

Is it the responsibility of scientists to speak out about climate change?

This is tricky because most scientists are trained to be objective researchers, to let the research speak for itself. The idea being we are not policymakers, but those trained in policy would use our objective, peer-reviewed research to make decisions.

Now, with where things are going in the U.S. with the current presidential administration and what they've done with climate change, you're starting to see more of a growing movement of scientists that work in the public or private sector starting to think that they need to speak out.

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Trump, aides take vacations amid summer of discontent

President Trump's White House staff has decamped from D.C. GETTY IMAGES

For President Trump, the start of his 17-day "working vacation" at his New Jersey golf course means more of the same: He's hard at work on tweetstorms, lambasting "phony Fake News" and the "failing NYTimes" for reporting that Mike Pence is gearing up for a presidential run of his own, and claiming that his base is "far bigger & stronger than ever before!"

Some top White House staffers are taking the opportunity to get as far away from Dodge as possible — while others in Trump's orbit just can't seem to break away, as Vanity Fair reported.

Kellyanne Conway has been hanging out on the beach in New Jersey, where she and her attorney husband have a beach house. Former press secretary Sean Spicer was seen cheering on the Boston Red Sox, while vanished communications director Anthony Scaramucci was taking refuge on Long Island, walking into an Italian restaurant "to cheers and requests from women for photos."

But the first daughter and son-in-law aren't so lucky, having accompanied the president to Bedminster on Air Force One. Ivanka Instagrammed a picture of a "girls' night" and weighed in via Twitter on a "vastly improved labor market."

The Trump administration may look back on summer with more wistful eyes than usual, as various scales of hellfire await them in Washington this September. First and most literal, there is the North Korean nuclear threat to address, which has escalated sharply over the last week. Robert Mueller's investigation continues to advance amid reports that a grand jury has been impanelled and investigators are looking into Trump's financial dealings. The Republicans' tax reform initiative looks likely to stall after the failed Obamacare repeal, and negotiations on lifting the debt ceiling look like no piece of cake.

MICHAEL MARTIN

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Planned Parenthood defunding causes spike in teen birth rates: Study

More than 2,200 teens in Texas gave birth because of slashed family planning funds.

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A Pink Out for Planned Parenthood was held in New York City in September 2015. WIKIMEDIA COMMONS

About 2,200 teens in Texas would not have given birth were it not for the reduction in family planning funding, including funds used by Planned Parenthood, according to a new study.

Since 2011, teen birth rates have increased in Texas as the state stripped funding from family planning programs, according to a study by Analisa Packham, an assistant professor at the University of Miami.

In the same year, the family planning budget for Texas decreased by 67 percent from $111 million to $37.9 million in 2012 and 2013. Planned Parenthood was hit the hardest, according to the report.

Texas cut $73 million from the family planning fund — $50 million more than New Jersey, Montana, New Hampshire and Maine combined.

Funding cuts resulted in 80 closed clinics in the state and a 3.4 percent rise in teenage birth rates.

"I find little evidence that reducing family planning funding achieved this goal," Packham wrote. "The estimates suggest that nearly 2,200 teens would have not given birth absent the reduction in Texas family planning funding."

By the end of 2012, 25 percent of Texas family planning clinics shut down, 18 percent reduced service hours and nearly 50 percent fired staff, according to the study.

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KKK, Nazis, white supremacists plan 'largest hate-gathering in decades'

A planned demonstration by white supremacy groups in Virginia is being described as the "largest hate-gathering of its kind in decades in the United States" by a monitoring group.

White nationalist extremists plan to protest on Saturday the removal of a Confederate-era Gen. Robert E. Lee statue in Charlottesville, Virginia, in a move expected to draw thousands, according to reports. White supremacy groups, like the Ku Klux Klan, have been "emboldened by the Trump presidency," according to nonprofit civil rights group the Southern Poverty Law Center (SPLC).

The "summer of hate" gathering is expected to lure alt-right groups, neo-Confederates, KKK members and neo-Nazis from behind their computers, creating a unity the groups can only achieve by personal, nonanonymous connections.

The Robert E. Lee Sculpture in Charlottesville, Virginia. WIKIMEDIA COMMONS

"This is the biggest rally event we've had this millennium," event organizer Brad Griffin said on a recent radio show hosted by former KKK leader David Duke.

But the Unite the Right rally will give "the movement a real-world presence, which it hasn't had in 15 years," Griffin added.

Law enforcement anticipates counterprotests and the city said the protest permit will only be approved if the event is moved to McIntire Park, where the crowd size could be more easily managed, the Richmond-Times Dispatch reported.

Rally organizer Jason Kessler said the rally must take place in Emancipation Park, recently renamed from Lee Park, where the statue of Confederate Gen. Robert E. Lee stands.

Kessler said he is ready to pursue legal action rather than acquiesce.

"There is no doubt that Mr. Kessler has a First Amendment right to hold a demonstration and to express his views. Nor is there any doubt that we, as a city, have an obligation to protect those rights, the people who seek to exercise them and the broader community in which they do," City Manager Maurice Jones told the Dispatch. "We have determined that we cannot do all of these things effectively if the demonstration is held in Emancipation Park."

KIMBERLY M. AQUILINA

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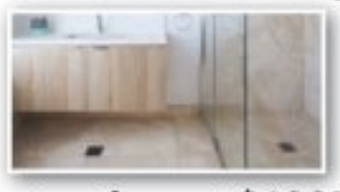

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"The Bachelorette" picked wrong. So, so wrong

Bryan Abasolo won Rachel Lindsay's heart on the finale of "The Bachelorette." We do not approve because, real talk? Bryan is the worst.

Rachel is charming, incredibly intelligent, and straight-up stunning. And it looked like she could do no wrong. But then, she picked Bryan — the skeevy one with the overbearing mother — over beautiful gap-toothed, salt-and-pepper fox Peter, and beautiful, charming, gorgeous Eric. Girl, what?

Here's why the bilingual chiropractor from Miami was the wrong choice — from the moment Rachel gave him the first-impression rose.

He says "mwah" every time he kisses her on the cheek.
Why is onomatopoeia necessary? It makes the whole interaction seem childish and insincere.

In the first episode, he went so far as to give her "brownie points" for understanding some of his Spanish.
This is just a matter of rules-of-war: It is you who should be vying for her brownie points, sir. She doesn't need your approval, she's already perfect. Also? She's the dang Bachelorette!

The time he asked, "Have you ever dated a Colombian?"
It's kind of distasteful to ask about the ethnicities of someone's previous partners. And to make it worse, when she responds that she hasn't, he tells her multiple times: "Oh, girl, you in trouble." What does that even mean?

He consumes her whole face whenever he kisses her.
Like a dementor sucking the soul out of a beautiful and innocent Muggle. It's pretty rude.

"If she doesn't accept, I think it'll be the biggest mistake of her life."
These are literal words he says in the finale. Literally.

Two words: his mother.
Who jokes about killing Rachel? Seriously.

ADDITIONAL REPORTING BY MICHELLE BYRON.

Elon & Amber still "love" each other

If you were worried that there were any hard feelings between Amber Heard and Elon Musk, don't be! On Tuesday, Musk, 46, went out of his way to prove that his split with Heard is like, so amicable.

Heard, 31, ever the thirst-bot, posted a picture of herself sticking a fork into her red wig, recognizing that she looks like a beautiful, albeit low-budget Ariel from "The Little Mermaid." And Musk immediately took to the comments, writing "Very cute." Succint!

Then, he elaborated. "Btw, just to clear up some of the press storm this weekend, although Amber and I did break up, we are still friends, remain close and love one another," he wrote.

"Long-distance relationships when both partners have intense work obligations are always difficult, but who knows what the future holds." Sure!

So, uh, hopefully this is it and neither of these two will continue milking their former relationship beyond it's worth. Hopefully.

Don't blame Jennifer Lawrence

After Chris Pratt and Anna Faris officially announced their separation on social media, fans on Twitter, apropos of nothing, decided it's J. Law's fault. She's hot and she recently costarred with Pratt in "Passengers," so she must be the home-wrecker!

Sure, the male human embodiment of a golden retriever and America's favorite effortless cool girl may have indulged in a semi-abusive relationship while trapped on a spaceship. Sure, they're both blond, seem down-to-earth, and likely fun to drink beers with. But none of that indicates they ever smashed.

This isn't the first time the rumor mill has linked the two. Back in 2015, Star magazine alleged that Faris was worried about her husband and Lawrence cheating on the set of the problematic outerspace romance.

In reality, Lawrence has been busy dating director Darren Aronofsky since last fall. She stars in his latest, a thriller called "Mother!," out in September. Javier Bardem plays her husband, so, uh, you better watch out, Penelope. KATE MOONEY

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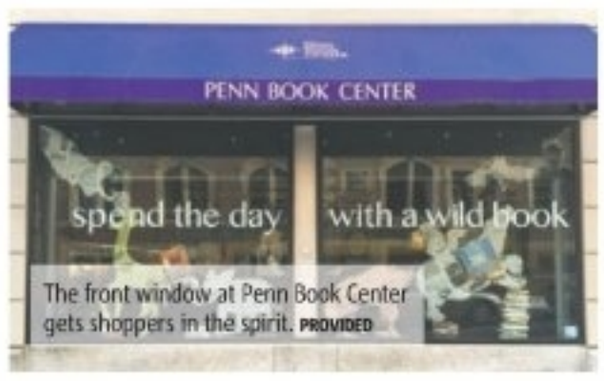

The front window at Penn Book Center gets shoppers in the spirit. PROVIDED

The Wooden Shoe on South St. PROVIDED

The small but intimate Head House shop allows readers to get cozy. PROVIDED

Bookworms, it's your day

Here's where to celebrate National Book Lovers Day.

MADELINE PRESLAND
@MetroPhilly
letters@metro.us

If you're a fiction fanatic, nonfiction fan or anything in between, celebrate National Book Lovers Day today in Philly! The city has many independent bookstores for every kind of bibliophile. Whether you want to take a tour of rare books or seek something a little off the beaten bath, here are five destinations you should visit for the day that celebrates reading.

Liberty literature

If you're looking for a small collection of anarchist books and other media, take a walk down South Street. The Wooden Shoe is a volunteer-run collective dedicated to sharing information on social and political issues. It has a unique collection of anarchist literature in addition to zines, records and apparel. Check out the calendar of events for open mics, author talks and more. *704 South St., woodenshoebooks.com*

Get to know the original library

If this historic site isn't already one of your regular destinations for books and many other things, pay a visit to the Free Library of Philadelphia's Central Library. The gorgeous building is the ideal atmosphere for anyone doing some research, or just perusing. It provides tours of the building itself several times a day, and a special tour of the Rare Books Department at 11 a.m. Monday-Saturday. *1901 Vine St., freelibrary.org.*

Exploring a hidden gem

Tucked away off Main Street in Manayunk, the Spiral Bookcase is a small bookstore dedicated to making the neighborhood a little more bookish. It has a large collection of half-priced books, adorable gifts for book lovers and a cat that lives in the store. *112 Cotton St., thespiralbookcase.com.*

Dive into something new

If you want to feel like you're tucked away in a book lover's ideal living room, Head House Books in Society Hill is the destination for you. Owner Richard DeWyngaert loves surprising his customers with unexpected titles and new interests. *619 S. 2nd St., headhousebooks.com*

Philly pride

Penn Book Center is conveniently located across the street from the University of Pennsylvania's campus, but you don't need to be a Penn student to shop there. Penn Book Center proudly sells a collection of titles by Philly authors. *130 S. 40th St., pennbookcenter.com*

An unexpected journey

The Book Trader's multiple floors and sheer volume of books is delightfully overwhelming to a reader who wants to embark on a scavenger hunt. The used bookstore in Old City has an impressive collection that manages to have something for everyone. *7 N. 2nd St., phillybooktrader.com*

Where will 'Game of Thrones' go from here?

Two of Metro's finest collect their thoughts after this season's first four explosive episodes.

RACHAEL VAUGHAN CLEMMONS , EVA KIS

Jon and Dany's union seems inevitable at this point.
ALL PHOTOS HBO

Not only has "Game of Thrones" been a thrilling ride this year, but the quickened pace sees our heroes — and our villains — getting s—t done. Westeros might be a mess, but at least it's an action-packed mess that leaves a little room for romance.

We're officially over halfway through the episodes for season seven. What's happened, and what's in store for the future? Here, Metro's two biggest "Thrones" fanatics — Rachael Vaughan Clemmons and Eva Kis — talk about whether Jon and Daenerys are the endgame, speculate on the future of the Lannister name and say a long farewell to Dorne.

What's going on between Jon and Dany?

Eva Kis: Dany left Daario behind because she's looking to marry into power in Westeros. That power is Jon, so like, that's not even a question.

Rachael Vaughan Clemmons: That's true, she did say as much at the end of the last season.

EK: But she could be doing a better job of seducing him, if that's the goal. Because Jon is neither the most perceptive nor passionate of men.

RVC: Yes! In a lot of ways, he's very much Daario Lite, which I would like to trademark. The chemistry is definitely not the same, but the only way I can see the series going forward is an inevitable union between the two of them.

EK: Also worth noting that he has looked into the eyes of the real enemy and feels a duty to protect the North from it. He can see the advantage of an alliance, too, but someone needs to say the words "MARRY THAT GIRL" to him. Ahem, Ser Davos.

RVC: Yeah, stop staring at Missandei and get to work, my dude. It's kind of weird to me that the word "marriage" hasn't come up yet. Do you think it will by the end of the season, at least?

EK: I think it has to. The cave thing was supposed to be way more romantic than it was, if you listen to David Benioff tell it. It's pretty clear that's the endgame, but they're not going to get there without both sides realizing what has to happen and finding a way to marry for convenience, if nothing else?

What happens to the people of Dorne and Highgarden?

RVC: I like how "Thrones" was basically like, "Oh we're actually going to act as if Dorne never happened and kill everyone off." But it begs the question: What happens to the people

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of Dorne and Highgarden now that the Martells and Tyrells are all gone? Westeros is a mess.

EK: They are wrapping up a lot of storylines that just never really went anywhere or simply ended. The Tyrells were all dead except for the matriarch. And Dorne was only there to be sexy and bolster Daenerys' ranks for a little while. It sucks but this show needed to narrow its scope since we're getting closer to the end.

RVC: True, but the people of Dorne were severely underused. Except for Oberyn. He truly was magnificent. RIP, my dude.

EK: Dorne, we hardly knew ye.

RIP, Queen of Thorns.

Let's talk about the Lannisters.

RVC: The Lannisters — like many of the other great families of Westeros — are basically down to their last few. The Lannister name is definitely not going to survive this war, and Cersei knows it. She also doesn't care — remember when Jamie mentions that the so-called dynasty she's trying to build won't be passed on to anybody since all their kids are dead? And Cersei is like, "Oh then, a dynasty for us!"

It's also worth mentioning that Jaime is finally kind of seeing outside of himself and realizing Cersei is mad AF. What conclusions will he come to once he finds his way out of that river, or whatever? He's definitely going to make it out, right?

EK: BuzzFeed had this interesting piece that basically comes down to: Jaime will need to rid himself of his armor and his legacy to survive.

RVC: Yeah, he'll have to literally strip himself of his armor, and mentally strip himself of his name and legacy in order to get out of there. Most likely just to be Dany's prisoner. Perhaps a Jaime and Tyrion reunion is on the horizon.

I'm also hoping that someone will be able to explain to me why Cersei is choosing to keep that disaster haircut. But, we'll see.

Jaime Lannister is between a rock and, well, the bottom of the river.

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Julie Kessler (Julie Klausner) and Billy Epstein (Billy Eichner) get these looks a lot in "Difficult People." KC BAILEY, HULU

Meet the real New Yorkers

Hulu's "Difficult People" gets real about what it takes to live in New York.

EVA KIS
@thisiskis
eva.kis@metro.us

New York had a very flattering run in movies and TV. For a few decades now, people believed our streets were clean instead of a hazardous obstacle course, our social lives looked like "Friends" rather than watching it from our sofa, and that an apartment anywhere in Manhattan was affordable on your own.

Myths aside, don't misunderstand — Lin-Manuel Miranda wasn't wrong when he dubbed it the "greatest city in the world." But he left out how difficult it can be on the people who live in it.

That's where "Difficult People" comes in. Hulu's original series returned for its third season on Tuesday, bringing back the two most realistic New Yorkers in entertainment with Julie Kessler (creator/writer Julie Klausner) and Billy Epstein (Billy Eichner).

As the title implies, these are not nice people. It would be easy to dismiss their jaded attitude as just typical comedians, but here's a secret about them that's also true for New Yorkers: They're bitter because they're idealists. New York City forces you to cultivate selfishness as a survival mechanism.

The selfishness of Julie and Billy is distinct from other modern series set in the city. The closest analogue in terms of New York life is "Broad City," but theirs is a selfishness rooted in obliviousness. And while "Girls" was rightly praised for its realism about the personal and professional struggles of young women, they were by turns so narcissistically selfish that it's a wonder they didn't shift planetary orbits.

But Julie and Billy are selfish out of self-defense, and that's getting much closer to the core of New Yorkers; it's how they survive.

Professionally, you're defending your aspirations against a city full of the most talented, beautiful, intelligent people. Personally, you're defending your time and energy by having a small social circle of people you actually care about.

Selfishness becomes your shield, humor your sword to keep fighting for your place in the city. Because magic does happen — why else would you stay? You get the part you auditioned for; you find someone as weird as you. But to be ready for it, you need to be selfish.

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7 Ways to clean with white vinegar

White vinegar is non-toxic, antibacterial and the cheapest household cleaner you might ever encounter.

KIMBERLY M. AQUILINA
@KimESTAqui
kimberly.aquilina@metro.us

There is a liquid in your home just sitting there, so unassuming in its bottle, but secretly magical. Not wine (that magic isn't a secret, anyway), but white vinegar. If you've never tried cleaning with white vinegar, here are a few ways to start.

1 Microwave

Mix 1/4 cup vinegar and one cup of water and boil in the microwave. When things get steamy, open the door and wipe away the gunk. The heat and moisture will have loosened the grime so you don't have to chisel it away.

2 Window cleaner

Mix equal parts distilled white vinegar and water. You can mix in a bucket, apply with a sponge and squeegee off (be sure to wet the squeegee first) or mix in a spray bottle and wipe off using paper towels, microfiber clothes, or newspaper.

To avoid streaks, don't do when the window is in direct sunlight. Still seeing streaks? You might have buildup from your previous cleaning products. Go with warmed-up full-strength vinegar.

3 Mopping the floors

If you have no-wax floors, this is an easy trick for rinse-free cleaning. Mix 1/2 cup of white distilled vinegar to a half-gallon of warm water. Use a mop or do it the old-fashioned way: with a rag or sponge.

Change the water when it gets dirty.

4 Bathtub cleaner

This is a two-parter: First, wipe the tub with white distilled vinegar; second, follow up with baking soda, and rinse. You can even clean shower doors with vinegar. Soak a sponge in white vinegar and wipe. You don't even need to rinse!

5 Unclog the showerhead

Add a cup of vinegar to a plastic storage bag and soak the showerhead in the vinegar overnight. In the morning, remove the bag and turn on the shower.

The cure for Spot's spot on the carpet: Blot, blot, blot, then soak it up with white vinegar and water.

6 Pet-stain removal

Once your puppy piddles on the carpet, he's going to smell that spot and think it's his personal toilet. Getting out the odor is more important than getting out the stain, unless you're cool with your living room being used as a lawn.

First step: Blot, blot and blot. Using paper towels, blot up as much of the urine as you can. Walk on the paper towels to really soak it up.

Next, make sure your carpet is colorfast. If you don't know, dab some vinegar on a spot that isn't very visible. If the color stays, you're good to move on to the next step.

Mix equal parts white vinegar and water, wet the spot thoroughly and let it marinate for about 10 minutes. Repeat step one.

If you feel fancy, sprinkle baking soda on the area when the carpet is dry and vacuum. This will zap any lingering smells from Spot's accident.

7 Clean your automatic coffee maker

Water can leave minerals and coffee can leave behind oils, both of which can mess with your morning enjoyment. Always follow manufacturer's instructions, so if vinegar is on the list of things not to use with your machine, don't do the following. For anyone else, this is an easy way to clear out the grime for the truest-tasting joe you've had in a while:

Empty the coffee pot and fill with vinegar. Pour it in the water reservoir and run a cycle. Dump the carafe again and fill with water. Run another brewing cycle. Err on the side of rinsing too much to ensure the vinegar taste will be gone before you brew your next pot.

Sponge your window with a mix of white vinegar and water, then squeege it clean. ALL PHOTOS ISTOCK

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Offensive line: Depth, stars highlight strength

Even if they don't stay completely healthy the Eagles' offensive line has enough depth from top to bottom to be among the NFL's best units in 2017.

LUKE MILLER
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The Eagles offensive line boasts both skilled veterans and up-and-coming prospects. GETTY IMAGES

By and large the offensive line has been the centerpiece of Philadelphia's continued success on the field. That shouldn't change this season. Here's out best bet as to who makes the team in 2017:

The Locks: Jason Peters, Isaac Seumalo, Brandon Brooks, Lane Johnson

Brooks had a fine first season in Philadelphia and the only question marks for Peters and Johnson are their ability to stay on the field. Peters had a nice recovery in this area in 2016.

Trading Allen Barbre to Denver cleared the way for the ascension of Seumalo, the Eagles' second draft pick in 2016 and cleared some cap space. Most of the intrigue at the offensive line centers on how Seumalo will replace Barbre, and which players will step up to become the versatile backups needed over an NFL season.

Safe bets: Jason Kelce, Stephen Wisniewski, Halapoulivaati Vaitai, Chance Warmack

Kelce, dogged by persistent trade rumors and the fact that the Eagles could save $3.8 million on his exit, is the lone starter not assigned as a lock. Nevertheless, coaches appear committed to continuing forward with Kelce, the Eagles starter at center since his rookie season in 2011.

Vaitai was asked to do a lot as a fifth-round rookie after Johnson's suspension began and impressed. He should be the top option as a backup tackle.

Warmack signed a one-year deal with the team this offseason and has impressed so far in camp. The former Titan started 48 games over the last four seasons for the team that took him 10th overall in 2013. With Brooks sitting out some practices at the moment, he's been the first man in to replace him at right guard and coaches have liked what they've seen:

One thing Wisniewski and Warmack have going for them is their versatility. Asked about his guards, Doug Pederson confirmed: "Mostly it's guys who can swing either side," With a limited number of backup spots available, it's important the ones the Eagles carry can cover multiple positions, and that's what some of the next players have going against them.

On the bubble: Matt Tobin, Josh Andrews

Tobin has covered multiple positions for the Eagles in the past, but declined in use under the new regime in 2016 and suffered a knee injury as the season was ending.

Andrews has put in time with the Eagles practice squad and 53-man roster over the first two seasons of his career.

Likely cuts: Dallas Thomas, Taylor Hart

These guys don't have practice squad eligibility and are unlikely to unseat the players above them for a spot on the final 53.

Practice squad watch: Dillon Gordon, Tyler Orlovsky, Victor Salako, Aaron Neary

Gordon and Orlovsky are the names to watch here. Gordon was a rookie in 2016 and saw playing time in one game. Like Jason Peters, he is a college tight end converted to NFL tackle. He's competing with Tobin for a backup tackle spot after Vaitai, and the Eagles might prefer to see what the younger player becomes. Even if he doesn't make the roster he's a candidate for a second year on the squad.

Orlovsky was among the most notable undrafted free agents signed by the Eagles after the 2017 draft. The practice squad is likely the safest bet for him as well.

Eagles offensive line depth chart

C1 Jason Kelce
C2 Stefan Wisniewski
C3 Josh Andrews
C4 Tyler Orlovsky

LG1 Issac Seumalo	**RG1** Brandon Brooks
LG2 Chance Warmack	**RG2** Matt Tobin
LG3 Aaron Neary	**RG3** Dallas Thomas
LT1 Jason Peters	**RT1** Lane Johnson
LT2 Dillon Gordon	**RT2** Halapoulivaati Vaitai
LT3 Victor Salako	**RT3** Taylor Hart

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First NFL preseason game is a milestone for Eagles' Gibson

What's it like for a rookie playing his first preseason game? Eagles rookie Shelton Gibson can't wait to find out.

EVAN MACY
@evan_macy
evan.macy@metro.us

Shelton Gibson may be in the NFL, but he's never been to an NFL game. Not even as a fan.

"It's definitely exciting," Gibson, the Eagles' fifth-round pick in April said. "I have never been to an NFL game in my life. Just like somebody said yesterday 'I have the best seats.'"

Gibson will be more than a spectator Thursday night, at 7 p.m. against the Packers, as he'll likely get the lion's share of reps on the field as the Birds expect to rest their top wide receivers after the first few series or so. He's had an up and down camp, dropping several catchable balls but also hanging on to some spectacular receptions. With so much depth at wide receiver, it's completely possible that he could be a victim of a numbers game by the end of training camp. But there's also a special teams opportunity or a chance to put good play on tape to further his career.

"A lot of people come up to me and talk in my ear and say 'I'm here for a reason' and I try and understand that," Gibson said, fielding questions from reporters regarding his roller coaster rookie offseason. "They drafted me for a reason."

Gibson, like many other NFL first-timers will put that all on hold, if only for a moment. The former West Virginia Mountaineer remembers some special moments from college and always took time to take a mental picture. He'll do the same Thursday as he stands on Lambeau Field to play in his first pro game.

"I do that pregame," Gibson said. "My first time playing in Texas, it was my sophomore year, I went out there, I watched growing up Texas on TV and I went out on the field and I was amazed there. I will probably do the same thing."

Veteran wide receiver Torrey Smith is excited to play in Green Bay too.

"There are only two stadiums in the league I haven't been in and this is one of them," Smith, who will likely play in a limited role Thursday said. "Brett Favre played here, that's my guy. You have to take it all in especially when you go to a place with that kind of tradition."

Smith remembers being in Gibson's position, but in a slightly different vein. He was drafted by his hometown Ravens in 2011 — a lockout summer — and was scrambling to get his wits about him when he kicked off his first pro game.

"My first preseason game was here and it was terrible. It was here at the Linc," Smith said, unleashing his raspy low pitched laugh and flashing a smile. "I was out of the lockout, I barely even knew the plays but it's definitely special. Now that I've been in it a little longer, you realize what they're doing a lot of people don't have the opportunity to do it. They have their assignments, they know what they're doing, but you have to get the nerves out. Once you step out on the field it's the same game you've played since you were a kid."

For Shelton Gibson, Thursday's preseason game means a great deal. CHARLES MOSTOLLER

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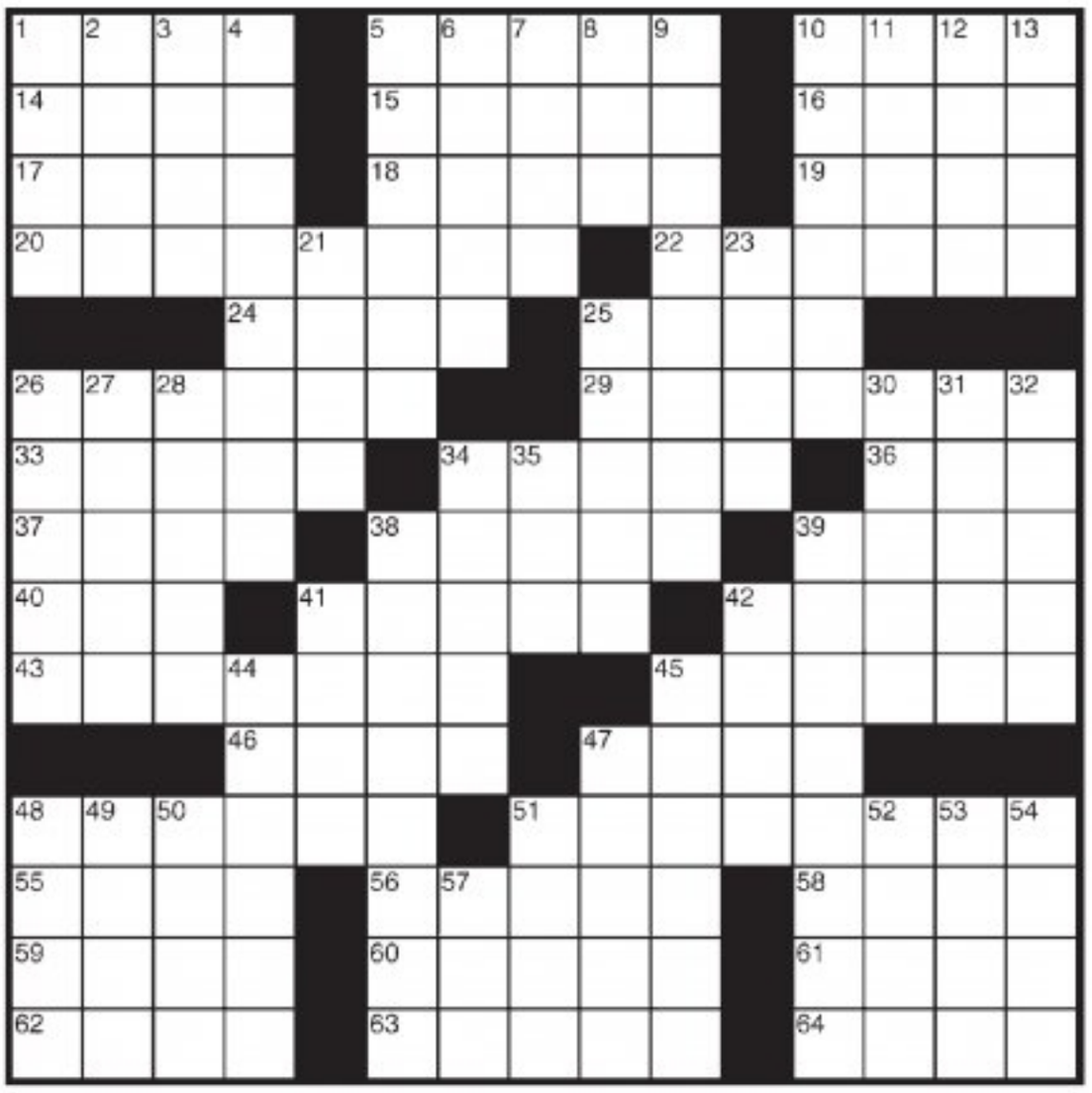
54 Before very long
57 Luxury car



metro.us/sudoku

easy

	7				4	6		8
5	4	6		9				
		2		1		5		9
8			4				1	
				8				
	1				5			2
9		7		5		4		
				4		2	7	3
4		8	2				6	

hard

7							2	
	5		3	2	4			7
	3		8			6		
	7	3		1		4		
			5		2			
		9		3		5	7	
		2			3		5	
4			2	5	1		3	
	1							6

metro.us/horoscopes

Aries Be wary of anyone asking too many personal questions. Protect your passwords, credit cards and any information that could be used against you.

Taurus Your enthusiasm and contributions will be appreciated and rewarded. What you discover about others will give you greater insight into your capabilities.

Gemini Emotions will get you into trouble. Be careful what you reveal to colleagues or anyone who may not have your best interests at heart. Protect personal information.

Cancer Express your emotions and discuss matters that are of concern to you. Your ideas will be well-received and will set the stage for positive change. Romance is featured.

Leo A change of scenery will do you good. Set up a business meeting or attend a function offering information that will help you improve the way you do things.

Virgo An emotional situation will help you express your true feelings and prompt you to make improvements to important relationships. Communication will be key.

Libra Make personal changes that will boost your confidence. Updating your look or working on projects that add to your skills, and experience will help you get ahead.

Scorpio Stick close to home and explore innovative ideas that can help you make progress. A business meeting with someone interested in your talents looks promising.

Sagittarius A passionate approach to your endeavors will make you difficult to beat. Do whatever it takes to improve your relationship with a child, parent or sibling.

Capricorn Partnerships, negotiations and joint ventures are featured. Discuss your plans with someone who has as much to contribute as you do. Romance is highlighted.

Aquarius Children, parents or organizations that require your help should be handled with patience. Use innovative tactics to get people to pitch in and help.

Pisces Your sincerity will capture attention and help you get your way. Let your creative ideas lead to personal change and the acquisition of new skills. EUGENIA LAST

Yesterday's answers

G	I	L	A	■	C	L	A	C	K	■	F	O	B	S
O	D	I	N	■	H	E	L	E	N	■	O	P	I	E
O	L	L	A	■	A	I	S	L	E	■	R	A	T	E
D	E	A	L	E	R	S	■	L	A	B	E	L	E	D
■	S	C	O	U	R	■	S	O	D	A	S	■	■	■
■	■	■	G	R	I	L	L	■	S	I	E	S	T	A
B	A	H	S	■	N	O	A	H	■	Z	E	R	O	S
A	C	E	■	A	G	I	T	A	T	E	■	T	U	T
T	H	I	E	F	■	N	I	N	O	■	B	A	R	A
H	E	R	M	I	T	■	E	D	G	A	R	■	■	■
■	■	■	B	R	I	A	R	■	E	L	E	C	T	■
R	E	T	R	E	A	D	■	S	T	E	E	L	E	R
A	R	E	A	■	R	A	J	A	H	■	D	O	M	E
M	I	S	C	■	A	G	A	T	E	■	E	S	P	N
P	E	T	E	■	S	E	W	E	R	■	R	E	E	D

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- would like to stop using cocaine

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- **CURRENTLY BE TAKING HIGH DOSES OF AN OPIOID FOR LOW BACK PAIN**
- Have a 3+ months of diagnosis of low back pain

QUALIFIED PARTICIPANTS MAY RECEIVE:

- Study related medications & examinations at no cost
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- Have chronic moderate to severe abdominal pain

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